



Echo Detachment
502d Personnel Services Battalion
4th Infantry Division (Mechanized)



Echo Family Readiness Group
Official Newsletter

July 2005

Volume I, Issue VI



Commander's
Corner

There was so much information put out at the last FRG meeting. Here are some tidbits of information that might prove useful.

How much house should I buy & can afford?

As a rough rule of thumb, most home buyers purchase houses that cost between 1 1/2 and 2 1/2 times their annual income. For example, a home buyer earning \$40,000 per year would buy houses costing between \$60,000 and \$100,000. There is, however, a degree of variation due to the individual market prices of the area in which you are interested. In some areas, there may not be houses available within that range, so you may need to spend a bit more. In general, however, your monthly mortgage payment cannot exceed approximately 28%-29% of your gross monthly income. Your total debt payments (car payments, credit card payments, etc. plus the monthly mortgage amount) cannot exceed approximately 36%-40% of your gross monthly income. These ratios will depend on the type of mortgage for which you are applying.

How much will my closing costs be?

The amount of closing costs will depend on what items are customary for buyers and sellers to pay for in the area. Your Agent can give you specific information on the items that are customarily paid for by buyers in your area. In addition, the amount of closing costs will depend on the amount of points you will be paying with your mortgage loan, since these are generally paid for up-front.

This process can get confusing but prior planning on your part is the key to a successful transaction.

Thank you,
CPT Gerald Galan



FRG Leader's
Corner

What to do during the summer. Here is a day trip that I think you and the kids will enjoy.

Mayborn Planetarium & Space Theater

Oceans in Space looks at the astonishing diversity of environments where life exists on planet Earth. Wherever we find water, we also find life. By better understanding how life evolves, survives and even flourishes in the most extreme and seemingly hostile terrestrial environments, scientists gain valuable insights into where we might begin looking for life on other worlds.

Show Times Start at:

Fridays at 8:00 PM

Saturdays at 3:00 & 8:00 PM

Running Time: 45 minutes

For more information go to:

<http://www.starsatnight.org/index.html>

I hope you enjoy all the exciting vacation spots that Texas has to offer.

Have a great and safe summer.

Thank you,
Sabina Galan

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Sergeants Time Training (STT)

Annual Training

The Army has recognized mandatory training that is needed in order to maintain the focus and discipline of the force. This training helps others understand the policies, procedures, and responsibilities for developing, managing, and conducting Army training. The ability to train and educate our Soldiers will help develop leaders, establishes standards and build our future Army. I have provided you with a list of mandated training so that you can see what type of training your soldier go through annually.

Table G-1

Common military training requirements in units

Subject	AR	Proponent	Enlisted	Officer
Weapons qualification	AR 350-1	DCS, G-3	P	P
Physical fitness	AR 350-1	DCS, G-3	P	P
SAEDA	AR 381-12	DCS, G-2	R	R
Chemical surety	AR 60-6	DCS, G-3	M	M
REDTRAIN	AR 350-3	DCS, G-2	M	M
Civil disturbance	AR 350-7	DCS, G-3	M	M
Water safety	AR 385-16	DCS, G-1	M	M
Electronics security	AR 380-19	DCS, G-2	M, I	M, I
Antiterrorism and force protection	AR 350-1	DCS, G-3	T, R, I	T, R, I
Leadership	AR 600-100	DCS, G-1	I	I
Military justice	AR 27-10	TJAG	R, T	R
Alcohol and drug abuse	AR 600-85	DCS, G-1	T, R	T, R
First aid	AR 40-3	TSG	I	I
Heat, cold, and hearing injury prevention	AR 40-6	TSG	I	I
NBC training	AR 350-1	DCS, G-3	I	I
Opposing force	AR 350-2	DCS, G-2	I	I
Prevention of motor vehicular accidents	AR 385-55	DASAF	I	I
Operations security	See installation security officer for reference material	DCS, G-3	I, P	I, P
Code of Conduct/ SERE	AR 350-1	DCS, G-3	M, R, I	M, R, I
Law of War	AR 350-1	TJAG	R	R
Equal opportunity/ sexual harassment/ homosexual conduct policy/ fraternization	AR 600-20	DCS, G-1	R	R
Health benefits awareness	AR 40-3	TSG	A	A
Public affairs program	AR 360-81	OCPA	A	A
Army Family Team Building	AR 609-99	DCS, G-1	A	A
Army Safety Program	AR 385-10 AR 385-83	DASAF	A, I	A, I

P: Program training (periodic requirements for all units)

M: Mission training (periodic requirements for certain units, depending on unit METL)

T: Time sensitive training (training required within a reasonable period before an event or exercise)

I: Integrated training (to be integrated with other unit training.)

R: Refresher training (assumes trained to standard in schools, but requires occasional review to sustain training level for all soldiers)

A: Awareness training (does not assume training in schools, but does require command emphasis)



Sergeants Time Training (STT) Cont'd





Family Highlights

• Birthday Announcements:

Dandre Brown	7 Jul
SPC Harrigan	10 Jul
SGT Deharo	11 Jul
PFC Arreguin	17 Jul
Darrien Hawkins	17 Jul
Natalie Arreguin	21 Jul
Darrell Charles	21 Jul
SPC Copeland	30 Jul

• Anniversaries:

SPC & Mr. Davis	22 Jul
SFC & SSG Barnes	20 Jul

• Miscellaneous

Thursday, July 7

Home Buying
0900-1200-Bldg 16005

Car Buying 101
1300-1500-Bldg 121

Family Readiness Group Focus Group
1200-1400-Bldg 16005

Friday, July 8

Army Volunteer Corps Advisory Council
(AVCAC) 0930-1030-Bldg 16005

Monday, July 11

Rear Detachment Officer (RDO) Course
4 Day Course; 0900-1630-Bldg 16005

EFMP - Parent Education Advocacy
Program (PEAP) Training
1800-2000-Comanche Chapel

Tuesday, July 12

Army Family Team Building (AFTB)
Teen Workshop Building Self-Esteem
1500-1700-Bldg 16005

Wednesday, July 13

Basic Volunteer Management
1730-1830-Bldg 16005

EFMP Special Needs Resource Team (SNRT)
1330-Bldg 121

Thursday, July 14

Stress, Anger & Conflict Management Workshop
0900-1600-Bldg 9409

Saving & Investing
1300-1500-Bldg 121

Basic Volunteer Management
1000-1100-Bldg 16005

Tuesday, July 19

Family Readiness Group Certification Course
(3 Evening Course); 1730-2030-Bldg 16005



Wednesday, July 20

EFMP Newcomers Orientation
1230-1430-Comanche Chapel

Relationship Enrichment
0900-1600-Bldg 9409

Friday, July 22

Army Family Team Building (AFTB)
Teen Workshop Adapting to Change/Handling Stress
1500-1700-Bldg 16005

Monday, July 25

EFMP Support Group
1800-2000-Comanche Chapel

Tuesday, July 26

Family Readiness Group Advanced Course
(3 Day Course) 0900-1430-Bldg 16005

Wednesday, July 27

Community Services Council
0930-1030 Community Events Center

Thursday, July 28

Stress, Anger & Conflict Management Workshop
0900-1600-Bldg 9409

Financial Fitness #1
0900-1100-Bldg. 16005

Financial Fitness #2
1300-1500-Bldg. 16005



Soldier Highlights

Congratulations to the following soldiers:

Birth Announcements:

Adam Torres ~ 9lb 2oz & 21" on 24 JUN 05

• ECHO Soldiers Re-Enlist and stay Army

SPC Burnham — FT. Campbell, KY.

• Hails!

We would like to take this opportunity and hail the following soldiers:

SGT (P) James — from Korea
PV2 Perez — from AIT

• Farewells!

With a heavy heart we wish the following families farewell as they move on from Echo Detachment, 502d PSB.

SGT Ramirez — Changing MOS
SGT Boswell — Changing MOS
SPC VanOs — ETS
SPC Kelso — Korea
PFC Hope — Germany
PV2 Peppers — ETS





Recipe of the Month

Jamaican Jerk Chicken

- 6 skinless, boneless chicken breast halves - cut into chunks
- 4 limes, juiced
- 1 cup water
- 2 teaspoons ground allspice
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt
- 1 teaspoon brown sugar
- 2 teaspoons dried thyme
- 1 teaspoon ground ginger
- 1 1/2 teaspoons ground black pepper
- 2 tablespoons vegetable oil
- 2 onions, chopped
- 1 1/2 cups chopped green onions
- 6 cloves garlic, chopped
- 2 habanero peppers, chopped

Place chicken in a medium bowl. Cover with lime juice and water. Set aside.

1. In a blender or food processor, place allspice, nutmeg, salt, brown sugar, thyme, ginger, black pepper and vegetable oil. Blend well, then mix in onions, green onions, garlic and habanero peppers until almost smooth.

2. Pour most of the blended marinade mixture into bowl with chicken, reserving a small amount to use as a basting sauce while cooking. Cover, and marinate in the refrigerator for at least 2 hours.

3. Preheat an outdoor grill for medium heat.

4. Brush grill grate with oil. Cook chicken slowly on the preheated grill. Turn frequently, basting often with remaining marinade mixture. Cook to desired doneness.



Scheduled Events

1 JUL	Training Holiday
4 JUL	Independence Day
6 JUL	FRG Meeting
8 JUL	M-203 Range
12 JUL	Soldier of the Month
13 JUL	Quarterly B-Day Cake
15 JUL	Map Reading
15 JUL	GPS Training
18-22 JUL	BN FTX
22 JUL	Land Navigation
29 JUL	Convoy Simulator
3 AUG	FRG Meeting
4 AUG	Newcomers Brief
5 AUG	M-16 Range/GPS Training
10 AUG	Soldier Readiness Processing
11 AUG	Mounted Land Navigation
12 AUG	Training Holiday
16 AUG	Detachment Fund Meeting
17 AUG	S1 Conference
19 AUG	Reflecting Firing
26 AUG	Convoy Simulator

Did you know...?

- Consumer Affairs offers pre-purchase advice and provides brochures & information sheets on a variety of subjects?
- Consumers Affairs offers classes on "Car Buying", Identity Theft and "Consumer scams and awareness"?
- The Texas Lemon Law only covers new vehicles?
- The 3 day cooling off period pertains ONLY to door-to-door sales?
- You can stop telemarketers from calling by contacting the "DO NOT CALL LIST" at www.donotcall.gov 1-888-382-1222?
- You can limit the number of pre-approved offers for credit by contacting www.optoutprescreen.com 1-888-5OPT-OUT?
- As of June 1, 2005, you can obtain a free credit report at 1-877-322-8228 or www.annualcreditreport.com?

Contact the ACS Consumer Affairs Office for more info on consumer myths and facts at 254-287-CITY.



Command Maintenance

The first working day of the week all soldiers are conducting command maintenance. Here are some questions and answers that will assist you when your soldier or family member starts talking that command maintenance talk.



What does PMCS stand for?

Preventative Maintenance Checks and Services

When is a PMCS required to be performed?

Before, during and after the operation of a piece of equipment and also at weekly and monthly intervals

What are the 4 levels of Maintenance?

1. Unit
3. Direct support
4. General support
5. Depot

What is a TM?

A Technical Manual, outlines the specific scope of repairs on equipment

What series of manuals refer to organizational maintenance?

The 20 series

Who is required to perform a PMCS?

Every operator who is assigned a piece of equipment

What does TAMMS stand for?

The Army Maintenance Management System

What type of manual is used to perform operator level PMCS?

The operator's manual (10 series)

Before a vehicle can be dispatched, what safety equipment must be present?

Fire extinguishers (up to date inspection tags), complete first aid kit and highway warning kit



Command Maintenance Cont'd

What is a class 1 leak?

Seepage of fluid not great enough to form drops

What is a class 2 leak?

Seepage of fluid great enough to form drops, but not great enough to cause the drops to fall during inspection

What is a class 3 leak?

Seepage of fluid great enough to form drops and drip during inspection



So next time your spouse or family member tells you they were PMCSing some equipment, you will have a

better understanding of what they are talking about.